

Easy Ways to Release Stress in the Workplace and Beyond

By Anne Antonucci – Certified Health and Wellness Coach



WHAT IS STRESS?

Stress is a normal reaction the body has when changes occur. This can result in physical, emotional, and intellectual responses. Stress can be both positive and negative. You can feel stress in the body by not thinking clearly to get a task done, being dehydrated, headaches can occur, overeating, negative self-talk, and trouble sleeping which can over time have an adverse effect on you, your body, mind and soul. Positive affects of stress is that it can motivate you to keep alert, motivated and ready to avoid danger. Stress can help your body to adjust to new situations.

With that being said, I used to feel stressed at my day job when I had many tasks during the day that had a deadline. I kept remembering that I'm doing the best I can and take it **one task at a time**. When I was in the office, I used the following release stress techniques that I'm sharing with you. I had incredible results and You Will Too. The most important thing to remember is **you and your self-care**. If you find out that it is too much work, like I did I went to management and was able to receive overtime for the work I was doing.

RELEASE STRESS IN THE WORKPLACE

1. Breathe Deeply in to a count of 3 and Breathe Out to a count of five from your abdomen for 5-10 Breaths.
2. Repeat the Phrase, **I've got this. This is Easy Believe it!**
3. Get up from your desk and take a quick Walk. You are changing your mood.
4. Have a picture of your family or something that brings you happiness and joy. Take a breath and look at the picture smile a big smile.
5. Get Up and Wash Your Hands. As you wash your Hands Release the Situation. You will come up with a Better Answer.
6. Shake your hands by your side for 10 times, this can clear negative energy
7. Listen to positive uplifting inspirational you tube videos. There are so many. If you need one, reach out to me.
8. Can you think of something funny to laugh about? Laughing relieves stress
9. I love essential oils. A couple I've used at work are peppermint oil and or stress relief. When used you can sniff the oils or put them on your temples. Breathe in the oils and feel the relief that the oils can / will bring.
10. Congratulate yourself on the tasks that you got completed that day
11. Drink Water – when you are under stress, sometimes your mouth gets really dry, that's exactly at that point you need water. Drink Water.
12. Take amazing care of yourself; take your lunch and breaks. You matter most. Remember that always in all ways.

RELEASING STRESS WHEN YOU ARE NOT IN THE OFFICE

1. Your Favorite Exercise or Hobby
2. Go to the Gym
3. Go for a Walk Outside or in Nature
4. Dance
5. Get a massage, foot massage, blow dry, manicure or pedicure.
6. Put on a funny tv show or movie.
7. Put on Calming Music - Of the CD's or You Tube I listen to is **Land of Forever by the Group 2002.**
8. Read a good Book
9. Consume nutrient dense foods to include to include leafy green vegetables, quinoa, oatmeal, almonds, .and cashews. These foods won't spike your blood sugar.
10. Aromatherapy – Use Essential Oils Like Lavender has a Calming Effect. You can sniff from the bottle or put a couple of drops in a diffuser.
11. Create a Gratitude Journal – In the journal what are five (5) things you are grateful for each Day – Gratitude has a profound effect on your Body Mind and Soul. Congratulate yourself on a day well lived.
12. Create boundaries and learn to say No.
13. What is your favorite activity? Add to the list.
14. Get some sleep.
15. Talk to your family and friends.
16. **If you must watch the news, Minimize the news and Reading Newspapers Especially Before Bedtime**
17. **Add your favorite activity?**



ANNE ANTONUCCI is a Certified Health Coach and Food Matters Nutrition Certification Graduate. She graduated from the Institute for Integrative Nutrition (IIN), and their Post Graduate Programs.

Anne chose to go on this path of natural healing as a result of her own experience of having acne for over 10 years. This in turn led her to have chronic fatigue, candida albicans and a weakened immune system. All of these maladies were a result of being on prolonged antibiotic use including Accutane and birth control pills. After a Tony Robbins Unlimited Power Weekend, where she learned how to give up dairy and her acne and started to clear. New doors opened up after making food and easy lifestyle changes. As a result of these changes, not only did her acne clear, Anne healed her candida, migraine headaches and weakened immune system.

My mission is that I am dedicated to giving you knowledge and empower you to have your best healthy life by making easy choices in food and lifestyle which will lead you to enhance your well-being in body, mind and soul and heal holistically.

Anne has given cooking classes, lectures and tele classes, and offers frequently tips and healthy recipes on Facebook.

To schedule a complimentary breakthrough session with me, I can be contacted at 516-503-3239 and my email is healholistically@yahoo.com.